



The Nourishing Traditions Cookbook for Children: Teaching Children to Cook the Nourishing Traditions Way

Suzanne Gross, Sally Fallon Morell

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With over six hundred thousand copies sold, *Nourishing Traditions* is a phenomenon that has captured the imagination of America's health conscious consumers. *The Nourishing Traditions Cookbook for Children* provides children with the key messages of the parent book—the benefits of eggs, butter, bone broths and soups, lacto-fermented foods, meat and organ meats. Beautifully illustrated, the book teaches the basics of healthy cooking step by step. Children and their parents will enjoy lots of original recipes for healthy snacks, desserts, baked goods, lunches and breakfasts.

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